

# THE COCONUT TELEGRAPH

DECEMBER 2022

‘MAKE IT A DECEMBER  
TO REMEMBER.’

SIX METRES BELOW  
WITH DOM PERIGNON  
AND CHEF MARCO FADIGA

FIND YOUR BALANCE WITH  
OUR WELLNESS EXPERT



Enhance your stay  
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ANANTARA APP  
to find out about our  
promotions and activities.



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ROSS SANDERS – General Manager

# MARHABA!

We are delighted that you chose to spend your holiday with us at Anantara Kihavah Maldives Villas. My team and I are excited to help you create everlasting memories and ensure you enjoy all that our truly magical island has to offer.

Especially during the festive season, Kihavah shines brighter than ever. With world-class activities and events for each and every individual. No matter if you are looking for a Christmas encounter with Santa, a culinary journey with Dom Perignon, a New Year's Eve like nowhere else or pure bliss and relaxation at the acclaimed Anantara Spa, we have just what you are looking for.

Thank you for being with us during this wonderful time of the year filled with fantastic memories. **WE WISH YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR.**

## TALES FROM THE REEF

Corals may look like rocks, and have some characteristics in common with plants, but they are actually tiny animals called “polyps” which form into genetically identical colonies of all shapes and sizes. At night, corals extend stinging tentacles which they use to grab nutritious plankton as it drifts by. During the day, corals get energy from sunlight thanks to a symbiotic relationship they have developed with algae living within their tissues. Corals are the foundation of the entire reef ecosystem, but sadly they are facing a variety of human-caused threats. We can help coral reefs recover by implementing rules and restrictions on activities such as fishing and diving in areas where they are found, as well as by propagating corals in coral nursery projects. With such an abundant diversity of tropical marine life all so easily accessible from the villas and beach of Anantara Kihavah, the resort’s house reef is an attraction that is quite simply too good to miss. So dive in to explore the enchanting wonders of Anantara Kihavah and see if you can find all the amazing creatures on our Top 10 list.

Get up close and personal with different marine species. Grab your snorkelling gear and explore the best house reef in the Maldives!



# 6

**METRES BELOW** WITH DOM PERIGNON AND CHEF MARCO FADIGA

Indulge in a surreal underwater dining six metres below the ocean’s surface at SEA. Savour a tantalising 5-course gastronomic dinner with specialties curated by Chef Marco Fadiga, Executive Chef for Maison Môtet & Chandon, paired with Dom Perignon champagnes selected by Aruldasan Jesuraj, our Resident Wine Guru.

Date: Wednesday 21 December 2022  
Time: 6.30 pm Cocktails at SKY Bar / 7.00 pm Dinner  
Venue: Sea Restaurant  
Price: USD 425++ per person (Half board / Full board Credit applicable)  
Maximum of 14 guests for dinner



# BESPOKE INDULGENCE

## FLOATING BREAKFAST

Treat yourself to a delicious breakfast of Champagne, fresh juices, lobster benedict, tropical fruit platter, pastries and more, afloat in your private pool.

Price: USD 300++ per couple,  
Inclusive of a Champagne bottle



## DINING BY DESIGN

Blend romance and gastronomy in your customised private dining experience. Be it a birthday surprise, proposal, or a special romantic night, allow our team to design a memorable dinner setup just for you and your special half. For your personalised experience a specially devised menu is prepared by a personal chef whether on an isolated sandbank, the deck of a private yacht, or on the beach – anywhere of your choosing.

For more information, please enquire through your Villa Host or by visiting the Anantara App.



## CINEMA UNDER THE STARS

Recline under a tranquil Maldivian sky and enjoy classic movies on a big screen under the stars. Indulge on gourmet snacks to watch Casablanca or nachos with guacamole for Don Quixote. And don't forget the popcorn!

Price: USD 400++ per couple



## CULINARY DELIGHTS

### SKY

With azure waters as the backdrop, enjoy tapas paired with refreshing juices and craft cocktails. Sunset Sessions with live music everyday except Sunday and Wednesday.

Live Music: 5.30 pm – 7.00 pm  
9.00 pm – 10.30 pm

### SPICE

Enjoy exquisite Asian haute cuisine that offers a complexity of flavours in a spectacular overwater setting as the sun sets.

Dinner: 6.30 pm – 10.00 pm  
Closed on Sundays

### SEA

Dégustation dining and fine wines await beneath the sea.

Breakfast: 8.30 am – 10.30 am  
Lunch: 12.00 noon – 2.00 pm  
Dinner: 6.30 pm – 10.00 pm

Closed on Fridays

### FIRE

Teppanyaki brings to life a traditional style of Japanese cuisine creating a fun and lively dining experience

Dinner: 6.30 pm – 10.00 pm  
Closed on Mondays

### MANZARU

Dine and socialise in our Mediterranean-inspired restaurant with an engaging bar offering the widest gin selection in the Maldives

Lunch: 12.00 noon – 5.00 pm  
Dinner: 6.30 pm – 10.00 pm

Closed for dinners on Wednesdays

### PLATES

Gourmet Breakfast: 7.30 am – 11.00 am

Dinner Theme Nights: 6.30 pm – 10.00 pm

(every Sunday and Wednesday)

Sunday: Asian Theme Nights

Included in half board and full board

Wednesday: Mediterranean Theme Nights

Included in half board and full board

Friday: Family style BBQ (145++ pp)

HB/IB credit applicable.

Lunch and dinner restaurants may subject to change.  
Please make reservations via your personal Villa Host at least 24 hours prior to your mealtime.

## SPICE SPOONS COOKING CLASS

Master the art of traditional Maldivian, Thai, Indian, or Japanese cuisine with our passionate chefs. Pick up secret tips in a professional step-by-step. Take home a repertoire of tasty recipes to throw a dinner party for family and friends. Private and group sessions available.

For more information, please enquire through your Villa Host or by visiting the Anantara App.



## ISLAND SHISHA

Take in the scenic Indian Ocean views while savouring the flavourful aromas of premium shisha.

Shisha is available at SKY bar and Manzaru Bar during opening hours.



# Island Mystique

FESTIVE CELEBRATIONS AT ANANTARA KIHAVAH



Tuesday 20 December 2022

## LIGHT IT UP! AWAKENING THE WONDERMENT

Get the festivities off to an enchanting start by joining us to watch our island Christmas tree come to life. The official lighting event includes live entertainment, pass around canapes and a selection of cocktails.

Time: 6.00 pm

Venue: Recreation Centre



Saturday 24 December 2022

## A TASTE OF THE TROPICS CHRISTMAS EVE COCKTAILS AND GALA DINNER ON THE BEACH

Feel the festive spirit rising as you sip cocktails on Christmas Eve. It's that most wonderful time of year when excitement and anticipation fill the air. Continue savouring the enchantment of Island Mystique with a festive feast on the beach at the Christmas Eve Gala Dinner. With a full evening of entertainment and activities, it's time to eat, drink and be merry.

### CHRISTMAS EVE COCKTAILS

Time: 6.30 pm – 7.30 pm

Venue: Recreation Centre

### CHRISTMAS EVE GALA DINNER

Time: 7.30 pm – 10.00 pm

Venue: Elements Beach





Sunday 25 December 2022

## SANTA CLAUS IS COMING TO KIHAVAHI!

ON CHRISTMAS DAY, keep a look out for Santa as he visits the island bringing festive cheer and gifts for our little VIPs.

Time: 11.00 am at SEA

4.00 pm Main event and gift giving at Recreation Centre

Thursday 29 December 2022 and  
Thursday 5 January 2023

## A SAND-SATIONAL POOL PARTY AT MANZARU

Jump in and soak up the fun at the Pool Party at Manzaru. While the DJ keeps the party mood flowing, food is available at the live food counter and extra entertainment is served up in regular fun-filled activities.

Time: 12.00 noon – 4.00 pm

Venue: Manzaru Pool



Saturday 31 December 2022

## THE ISLAND MYSTIQUE YEAR-END EXTRAVAGANZA

### NEW YEAR'S EVE GALA DINNER AND PARTY

It's time to start the countdown with a full evening of exciting activities. After a Cocktail Party on Spa Beach, the Gala Dinner on Elements Beach includes entertainment provided by performers from all over the world. As the year draws to a close, the New Year's Eve Party on Elements Beach reaches a spectacular conclusion as the clock ticks into 2023 against the Island Mystique backdrop of a magical fireworks display.

#### COCKTAIL PARTY

Time: 8.00 pm – 8.30 pm

Venue: Spa Beach

#### GALA DINNER AND ENTERTAINMENT

Time: 8.30 pm – 10.30 pm

Venue: Elements Beach

#### NEW YEAR'S EVE PARTY

Time: 10.30 pm onwards

Venue: Elements beach

*Reservations required.*



# OCEAN DISCOVERIES

## EXPLORE THE BEST HOUSE REEF IN THE MALDIVES

### DISCOVER SCUBA DIVING

Get up close with colourful schools of fish! Experience Scuba Diving with our professional instructors exploring our beautiful house reef and hopefully spotting one of our resident Hawksbill Turtles!

USD 250++

*For non-divers; theory, confined water session, dive*



## LOVE OUR REEF HELP US PROTECT IT

Immersing guests in the spirit of giving back, Anantara Kihavah invites you to donate USD 1 per night for our Dollar for Deeds programme. The resort will match the donations dollar for dollar during their stay to raise funds to support initiatives focusing on protecting our flourishing reefs, reducing our impact on the environment and promoting sustainability.

## LUXURY YACHT CHARTERS

Experience an element of adventure in deluxe surroundings on board Ocean Whisperer, a 24 metre luxury gullet ideal for romantic escapes, cruising days on the Indian Ocean or exclusive private diving and snorkelling.

## SEADARTS

The ultimate underwater recreational vehicle for high speed sub and above surface travel.

Feel it! Feel the power!  
USD 120++ (15 minutes)

Live it! Love the power!  
USD 180++ (30 minutes)

## KIDS MARINE BIOLOGY ADVENTURES

With three exciting programmes to choose from, there will be one perfectly suited for your young mermaid or merman. Participation in our Dolphin, Turtle or Diver Program is sure to educate, delight and inspire our younger generations. Enjoy presentations, a visit to SEA underwater restaurant, guided activities and more.

## CAPTURE UNFORGETTABLE MOMENTS COUPLE'S PHOTOGRAPHY SESSION

Picturesque offers tailor-made, on-call photography services to capture your beautiful romantic moments together for a lifetime keepsake. Bespoke sessions may be arranged by visiting the photography studio or through your Villa Host.

Bronze Package:	60 mins USD 350++ (30 edited images and a USB)
Silver Package:	90 mins USD 450++ (45 edited images and a USB)
Gold Package:	2 hrs USD 550++ (60 edited images and a USB)
Platinum Package:	2 hrs USD 700++ (100 edited images, an A4 sized 20-page photo book and a USB)

*All prices are subject to 10% service charge and 12% government tax.*

# INSTAWORTHY

Once crowned the "World's Most Instagrammable Hotel!" Anantara Kihavah Maldives Villas has a lot of photo worthy locations which makes this idyllic private island retreat the most desired destination.



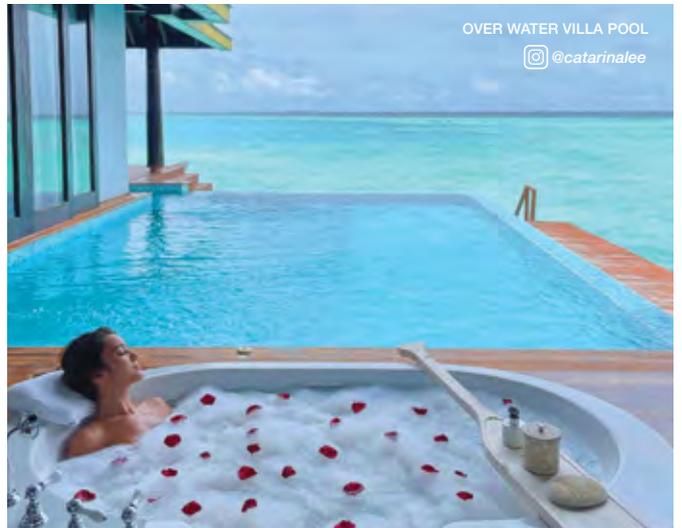
**anantarakihavah**  
Anantara Kihavah Maldives Villas



SKY OBSERVATORY AND DECK



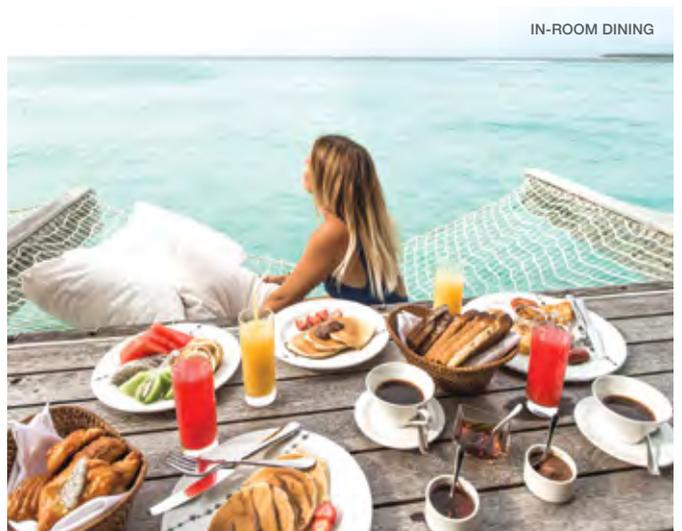
OVERWATER POOL VILLA JETTY



OVER WATER VILLA POOL  
@catarinalee



SEA UNDERWATER RESTAURANT



IN-ROOM DINING



7453 likes

anantarakihavah #FiveMostInstagrammableSpots #SEAUnderwaterRestaurant #OverWaterVilla #LushPathway #In-RoomDining #SKYDeck

View all 100 comments



## NUTRITION & WELLNESS CONSULTATIONS

**Kelly Manning**

*Naturopath, Nutritional Therapist, Wellness Consultant*

Providing one-on-one wellness consultations, naturopathy, nutritional guidance, Kelly is an experienced and qualified Nutritional Therapist, Naturopath and Wellness Consultant with over ten years therapeutic experience.

You are invited to a complimentary 30-minute naturopathic and wellness consultation with Kelly. Please avail this invitation through your Villa Host.

*\*Consultation is available through an online platform or in person subject to availability*



## CELL WELLBEING EPIGENETIC ANALYSIS

Dig deeper into your genetic data. Undergo an epigenetic hair test, through a bio profiler, which provides information about your body's levels of nutrients, vitamins, minerals, essential amino acids, fatty acids, antioxidants, and contaminants. Discover which daily nutritional and environmental factors are impacting your body's cells and learn through a personalised reading with our Balance Wellness Consultant on how to reverse your epigenetic expression and live a healthier more resilient life.

USD 195++ per person / USD 350++ couple

## Vitamin IV Packages

### MYER'S COCKTAIL

USD 190

Hydration + Energizing + Strengthening

One of the most popular formula in IV vitamin therapy. Consist of high doses of vitamin C mixed with saline solution to effectively boost the immune system, increased energy, and cells regeneration.

### ADD-ON NUTRIENTS

Enhance your Vitamin IV therapies with the following powerful add-on nutrients. Pick and choose

#### Alpha Lipoic Acid + Collagen

USD 65

Has strong antioxidant properties, to reduce inflammation and skin aging, promote healthy nerve function, lower heart disease risk factors, and slow the progression of memory loss disorders.

#### Vitamin B Complex (B1, B6, B12)

USD 50

One of the most important play roles for cellular energy production and excellent support of the healthy functioning of the nervous system, kidneys, liver & heart. It highly contains antioxidant and improve the blood circulation and increase red blood cells.

#### Selenium

USD 50

Is an essential mineral that vital to your health as its acts as powerful antioxidant to maintain the health of thyroid hormone metabolism and DNA synthesis and protecting the body from oxidative damage and infection. It also improves the sleeping quality.

#### Magnesium

USD 50

Is a mineral that's crucial to the body's function. Magnesium helps keep blood pressure normal, support nerves and muscle functions, bones strong, and the heart rhythm steady.

#### Zinc

USD 50

Zinc is a mineral that is essential for many of the body's normal functions and systems, including the immune system, increase energy level, skin repair, wound healing, blood clotting, thyroid function, and the senses of taste and smell. Zinc also supports normal growth and development during pregnancy, childhood, and adolescence.

#### Glutathione

USD 50

An antioxidant that plays several important roles in the body such as tissue building and repair, skin glowing, detoxification, and the production of enzymes and hormones. It also plays a key role in the immune system.

#### Saline 500ml

USD 50

Replenish lost fluids, flush wounds, deliver medications, electrolyte balancing and hangover.





## VISITING WELLNESS PRACTITIONER

VINOD NARAYANAN

*Sound Healing Practitioner and Ayurvedic Healer*

Saturday 10 September 2022 – Friday 31 March 2023

Vinod Narayanan has over a decade's experience practicing traditional Ayurveda, Yoga and Pranayama, Shiatsu and Himalayan sound healing in luxury retreats around the world. Hailing from Kerala, India, home of Ayurvedic medicine, Vinod is also personal physician to the President of Guinea and mentor to Ayurvedic specialists throughout Europe.

Explore 5,000-year-old treatments tailored to your doshas using natural herbs and oils. Meet with Vinod for a complimentary consultation to find inner peace and reconnect.

### DE ARMOURING BODY

90 mins / USD 350++

This session is the liberation of trauma, stuck energy and undigested emotions from our past. The aim is to reconnect with the essential beauty and joy of life.

This process uses specific pressure points, breathing techniques and movement of your kundalini energy to loosen, break up and remove your body's armour.

### ACCESS BAR THERAPY

90 mins / USD 350++

An energy healing process accessing the 32 bars points in your brain to release the electromagnetic or polarity of the thoughts, feeling, emotions, ideas, beliefs, considerations and decisions. Effective in creating a sense of deep relaxation, ease of sleep, releasing trauma, reducing overwhelm, decreasing negative and limiting thought patterns to improve overall wellbeing, inner peace, happiness and gratitude.

### ABDOMINAL DETOX THERAPY

60 mins / USD 280++  
90 mins / USD 350++

A blend of Chi Nei Tsang, diaphragmatic release and Vagus Nerve re-setting techniques. It removes the physical, emotional, Energetic stagnations at various deeper levels. Detoxification of internal organs & clarity of mind and good digestion.

### HIMALAYAN SOUND HEALING MASSAGE

60 mins / USD 280++  
90 mins / USD 350++

### SHIRODARA UPGRADE

USD 50++

In the Himalayas, sound is used as a powerful tool for healing, meditation and self-transformation. Unwind to the vibrations of a Tibetan singing bowl as an oil massage brings deep levels of relaxation and release.

\* Upgrade your experience with the Shirodara, as Tibetan singing bowls calm, warm medicated oil is poured on the forehead or third eye, to eliminate stress and insomnia by balancing the pineal gland.

### DETOXIFYING CUPPING MASSAGE

90 mins / USD 350++

It is a combination massage with manual and silicone cups and hot stones. A highly effective detox treatment without leaving any marks on the skin nor used any fire and deep pain.

### MARMA TOUCH AND THAI YOGA STRETCH

90 mins / USD 300++

Marma points are the areas where the body parts are connected to stimulate and increase the energy flow. The treatment is incorporated with the Thai yoga-style stretches that carry the stimulating energy to all blockages of the body parts to give a deep relaxation and ease of pain and discomfort.

### SHIATSU MASSAGE WITH MARMA TOUCH

60 mins / USD 250++  
90 mins / USD 300++

Shiatsu works on the meridian lines of the body to increase energy flow. Marma junctures, meanwhile, are stimulated with a hot compress to balance the Prana.

### PERSONALISED HEALING MASSAGE

60 mins / USD 250++  
90 mins / USD 300++

Whether Shiatsu, hot stone massage or reflexology, Vinod creates a personalized massage tailored to your needs to deeply relax.

### TRADITIONAL AYURVEDIC TREATMENT

60 mins / USD 250++  
90 mins / USD 300++

Your journey begins with a consultation to determine your dosha and according herbs and oils for treatment. Relax into a scalp massage followed by a full body massage. A hot compress and Ayurvedic body scrub leave you quietly reinvigorated.

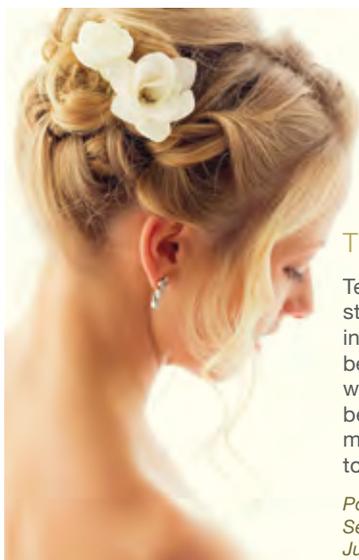
### WELLNESS HEALING RETREAT

The wellness healing retreat is a specialized wellness experience to achieve a complete balance of emotional well-being as a holistic approach to healthier living. Personalised your wellness healing retreat journey to boost your immunity and empower your inner self with the best of the international ayurvedic healer practitioner. Each package consists of two daily sessions, a morning 60-minute yoga and meditation on every alternative day and an afternoon 90-minute treatment of your choice.

Three-Day Retreat  
USD 1,050++

Five-Day Retreat  
USD 1,750++

Seven-Day Retreat  
USD 2,450++



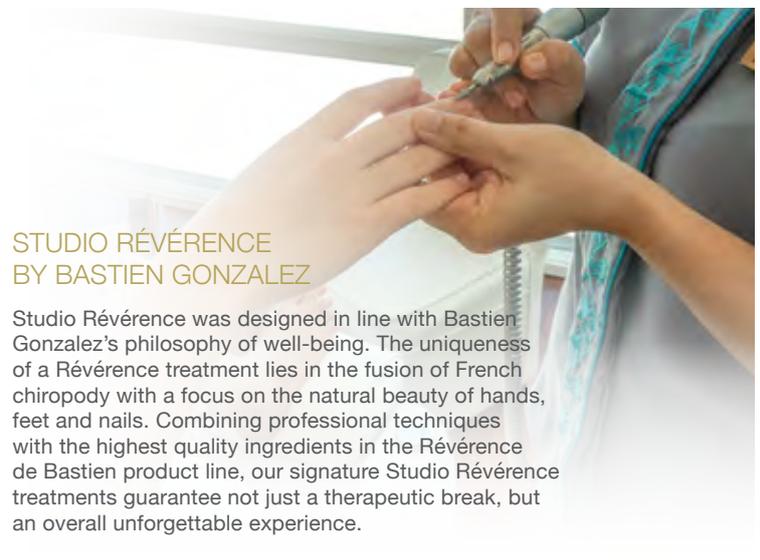
### TENG ROMA HAIR SALON

Teng Roma Hair Salon offers trendy styles, cuts and treatments to match individual personalities. Your ritual begins with a consultation to determine which products and treatments are best suited to your hair type. Expert make-up services are also available to help you prep for every occasion.

*Pop into Anantara Spa and visit our Senior Stylist and Make-Up Artist, June Trinidad, for more information.*

### STUDIO RÉVÉRENCE BY BASTIEN GONZALEZ

Studio Révérence was designed in line with Bastien Gonzalez's philosophy of well-being. The uniqueness of a Révérence treatment lies in the fusion of French chiropody with a focus on the natural beauty of hands, feet and nails. Combining professional techniques with the highest quality ingredients in the Révérence de Bastien product line, our signature Studio Révérence treatments guarantee not just a therapeutic break, but an overall unforgettable experience.





## MUAY THAI BOXING AND PERSONAL TRAINING SESSIONS

Get fighting fit in the Maldives' first and only Muay Thai boxing ring with a personal instructor. Learn about the fascinating combat history unique martial arts. Punch and kick out stress with pad and mitt work to improve your coordination, agility, stamina, strength and mobility. Engage in a one-on-one session with fitness expert and certified Muay Thai Boxing instructor, Shiela. Work towards stepping closer to your health and wellbeing goals with personalised sessions in an island paradise setting. Children and family boxing sessions are also available upon request.

Programme	Adult	Child (up to 16 years old)
Private Muay Thai	USD 250++	USD 150++
Private Muay Thai (Couple)	USD 350++	USD 200++
3 Private Lesson	USD 650++	USD 350++
Personal Training	USD 100++	USD 75++
Personal Training (Couple)	USD 150++	USD 100++

Prices are subject to 10% service charge and applicable government taxes.

## RECREATIONAL AND SPORTS ACTIVITIES

- Kayaking
- Yoga
- Turtle Quest
- Snorkelling
- Anantara Spa
- Dolphin Discovery
- Wind Surfing or Kite Surfing
- Sunset Fishing
- Badminton
- Snorkel Escape
- Tennis
- Sunset Cruise
- Table Tennis
- Cooking Class
- Volleyball
- Diving
- Local Island Trip
- Parasailing
- Thiththi Boli Kid's Club
- Cinema under the Stars

**ISLAND EXPERIENCES** Rediscover what it means to relax. Days spent at Anantara Kihavah can be as leisurely or as active as you wish.

**DIVERSIONS** Discover a range of experience in and around our resort and the local islands

Please contact your Villa Host or dial '0' for more information or to make a reservation.

## LIFESTYLE ACTIVITIES

DATE	TIME	ACTIVITIES	DURATION/PRICE	VENUE
MONDAY	7.00 am	Fit Run with Fit Team	45 mins	Recreation Centre Anantara Spa Recreation Centre Manzaru Upstairs
	11.00 am	Wellness Talk ( <i>Vitamin IV Infusion</i> )	45 mins	
	4.00 pm	Badminton Fun Game with Recreation Team	60 mins	
	5.00 pm	Group Sunset Yoga	45 mins	
TUESDAY	7.30 am	Group Sunrise Yoga	45 mins	Manzaru Upstairs Anantara Spa Recreation Centre Dive Centre Beach Manzaru Upstairs
	11.00 am	Wellness Talk ( <i>Holistic &amp; Nutrition</i> ) From December 20 onwards	45 mins	
	11.00 am	Adult Tennis Clinic	45 mins	
	5.00 pm	Group Beach Volleyball	60 mins	
	5.00 pm	Intuitive Dance Movement From December 20 onwards	45 mins	
WEDNESDAY	7.00 am	Fit Run with Fit Team	45 mins	Recreation Center Anantara Spa Manzaru Upstairs Recreation Center Manzaru Upstairs
	11.00 am	Wellness Talk ( <i>Wellness &amp; Aesthetic</i> )	45 mins	
	11.00 am	Discover Yoga ( <i>Yogic Workshop</i> )	60 mins	
	3.00 pm	Kids Tennis Clinic	45 mins	
	5.00 pm	Group Sunset Yoga	45 mins	
THURSDAY	7.30 am	Group Sunrise Yoga	45 mins	Manzaru Upstairs Manzaru Upstairs Recreation Centre Dive Centre Beach
	11.00 am	Tai Chi	45 mins	
	4.00 pm	Badminton Fun Game with Recreation Team	60 mins	
	5.00 pm	Beach Futsal	60 mins	
FRIDAY	7.00 am	Fit Run with Fit Team	45 mins	Recreation Center Manzaru Upstairs Anantara Spa Dive Centre Beach Manzaru Upstairs
	11.00 am	Pranayama Session ( <i>Breath Work</i> )	45 mins	
	11.00 am	Wellness Talk ( <i>Holistic &amp; Nutrition</i> ) From December 20 onwards	45 mins	
	5.00 pm	Sunset Beach Volleyball	60 mins	
	5.00 pm	Group Sunset Yoga	60 mins	
SATURDAY	7.30 am	Group Sunrise Yoga	45 mins	Manzaru Upstairs Manzaru Upstairs Manzaru Upstairs Recreation Center Dive Centre Beach
	11.00 am	Intuitive Dance Movement From December 17 onwards	45 mins	
	11.00 am	Active Stretch & Mobility	60 mins/USD 55++	
	3.00 pm	Table Tennis Game with Recreation Team	60 mins	
	6.00 pm	Sunset Beach Volleyball	60 mins	
SUNDAY	7.00 am	Fit Run with Fit Team	45 mins	Recreation Center Anantara Spa Manzaru Upstairs Dive Centre Beach
	11.00 am	Wellness Talk ( <i>Wellness &amp; Aesthetic</i> )	45 mins	
	11.00 am	Discover Yoga ( <i>Yogic Workshop</i> )	45 mins	
	5.00 pm	Sunset Beach Volleyball	60 mins	

All prices are subject to 10% service charge and applicable government taxes. Please note that all activities with the USD symbol is a chargeable and bookable activity. All group activities are required minimum 2 participants. Cancellations of booked activities or private sessions less than 24 hours prior will be charged at 100% of the activity rate. If you wish to book an activity, please contact your villa host or a member of the Recreation Team.

All prices are subject to 10% service charge and 12% government tax.



## LUX TENNIS

LUX Tennis strives in offering a unique tennis experience during your stay at Anantara Kihavah. In-depth knowledge, education, performance improvement, and fun are being perfectly matched for tennis lovers.

## TENNIS PROGRAMME

### Private Lesson (60 minutes)

Work on the different aspects of the game and focus on cardio, technique, strategy or just have a fun hit with our LUX Tennis Pro.  
 Adult USD 160++ Child (up to 16 years old) USD 140++  
 Additional player at USD 30++

### Beat the Pro (60 minutes) USD 160++ per person

Challenge our LUX Tennis Pro in a full match. If you manage to win one set, you will receive the session for free!

### Kids Tennis Clinic (45 minutes – Beginner level)

Open to children ages five to twelve years old. The tennis coach will organize fun games and various exercises to learn the basics of tennis.  
 Complimentary, minimum for 2 to maximum 8 children

### Adult Tennis Clinic (45 minutes – Beginner level)

Discover some challenging and innovative training methods. Learn new techniques and sharpen your strategy on the tennis court.  
 Complimentary, minimum for 2 to maximum 8 adult



An international tennis management company providing personalised services, Lux Tennis focuses on understanding all clients' needs to ensure a lifetime experience on the court, based on quality coaching and a tailored made programme; from beginners to high performance. Lux Tennis also oversees a repertoire of professional-level tennis coaches who are coaching private clients, VIPs and celebrities, individually and at luxury resorts worldwide.

All rates are published in USD. All prices are subject to 10% service charge and 12% government taxes. Please note that 100% cancellation fee applies when a session is cancelled less than 3 hours prior. For more information or to make a reservation, please contact the reception or book directly with our LUX Tennis Professional or your Villa Host.

## KIHAVAH TEENS FUN ACTIVITIES 2022

Discover the fun and adventurous activities while learning new local culture and stay fit with our Kihavah Teens Activities to make your teen's holidays memorable.

### Terms and Conditions:

- Activities are for ages 12 - 18 yrs.
- All activities are subject to change due to weather or operational reasons
- Please note some of these activities are water-based. All participants will be asked to use a life vest regardless of ability.
- Any activity with a USD symbol is a charged activity.
- All activities are required an advance booking. Book via Villa Host or Recreation Center with 24 hours' notice required.
- Please give 4 hours' cancellation notice on any non-chargeable activities, and 24 hours' notice on any chargeable activities. Without this notification, 50% of the price will be charged to your account, and 100% of the price will be charged for no-shows

MONDAY	Boduberu Challenge 11.00 am – 12.00 noon at Tennis Hut	Adventure Pirates Cruise** 4:30 pm – 5.30 pm at Sand Bank/Inhabitant Island USD 100++ per person
TUESDAY	Feel the Tropical Golf** 3.30 pm – 4.00 pm at Manzaru Pool Deck USD 30++ per person	Cinema Under the Stars** 7.00 pm at Dive Center Beach USD 85++ per person
WEDNESDAY	Kayak Racing 10.30 am – 12.00 noon at Dive center Beach	Treasure Hunt 3.00 pm – 4.30 pm at Recreation Center
THURSDAY	Teens Olympic fun 3.00 pm – 4.30 pm at Dive Center Beach	Beach Futsal 5.00 pm – 6.00 pm at Dive Center Beach
FRIDAY	Mini Triathlon 3.00 pm – 4.30 pm at Recreation center	Sunset Beach Volleyball 5.00 pm – 6.30 pm at Dive Center Beach
SATURDAY	Local Island Trip** 4.30 pm – 5.30 pm at Local Island USD 50++ per person	Sunset Beach Volleyball 5.45 pm – 6.30 pm at Dive Center Beach
SUNDAY	Learn a New Language (Dhivehi) 11.00 am – 12.00 noon at Tennis Hut	Fun Pool Games 3.30 pm – 5.00 pm at Manzaru Pool



## THITHTHIBOLI



### BABYSITTING

Our babysitting service can be booked 24 hours in advance and is available in-villa or at Thiththi Boli Kids Club. Kindly note that one dedicated babysitter is require for every child under 4 years requiring this service.

7.00 am – 12.00 midnight: USD 30++ per hour\*\*  
 12.00 midnight – 6:00 am: USD 40++ per hour\*\*

### LITTLE CHEFS IN THE MAKING

Complimentary Classes with Kids Club

Sunday: Donut Decoration\*\*

Tuesday: Fruit dippers\*\*

Thursday: Pizza making\*\*

Parental supervision is required for children under 4 years

### ELEMENTS

Enjoy one of their many water sport experiences, from Seadarts to Jetskis, from snorkeling to Scuba diving. There's enough fun for everyone to enjoy!

### KIDS CLUB ADVENTURES

Monday: Pirate Cruise USD 30++\*\*

Tuesday: Dolphin Cruise USD 30++\*\*

Thursday: Beach Cinema USD 65++\*\*

Saturday: Local Island Visit USD 30++\*\*

**PARENTS NOTICE BOARD:** Kids Club is a drop off service for ages 4-12 yrs. | All activities are subject to change due to weather or operational reasons | Kids Club is open from 10.00 am to 6.00 pm daily for all. | Please note some of these activities are water based. Children will be asked to use a life vest regardless of ability. | Check the reverse side for special experiences going on throughout the week. Any activity with a USD symbol is a charged activity. Book via Kids Club with a 24 hours notice required. | Activity: Henna tattoo please note permission must be given on the registration form otherwise the kids club team will not allow the child to participate in this activity. | Any activities with a \*\* symbol is a bookable activity. 24 hrs. notice is required.

## PIRATE CRUISE

Captain Hook is seeking pirates ages 4-12 to join him on the search for hidden treasure! Set sail on a pirate adventure in full costume, following clue to discover and tour the waters of the Baa Atoll, whilst keeping an eye out for passing dolphins. All aboard, say aye!

USD 30 per child, adventure includes treasure hunt and 60-minute speed boat cruise around the Kihavah lagoon.

Every Monday from 4.30pm to 5.30pm *(subject to weather conditions)*  
Minimum of 4 children required for activity to be booked, up to a maximum of 15 children.  
*Advance reservation is required.*

## PRIVATE FAMILY TREASURE HUNT

Embark on a private treasure hunt with your family and uncover the secrets of Kihavah. Captain Hook will guide you on this journey within and off the island. At each stop, you will discover different clues leading to the secret location where the treasure chest is hidden.

USD 65++ per person, minimum of 4 guests required for activity to be booked.  
*Subject to availability. Advance reservation is required.*

## THITHTHIBOLI ACTIVITIES GUIDE

SUNDAY NATURE DAY	MONDAY PIRATE DAY	TUESDAY COCONUT DAY	WEDNESDAY OCEAN DAY	THURSDAY FUN DAY	FRIDAY KIHAVAH DAY	SATURDAY WELLNESS DAY
Stay and Play 10.00 am – 11.00 am	Stay and Play 10.00 am – 11.00 am	Stay and Play 10.00 am – 11.00 am	Stay and Play 10.00 am – 11.00 am	Stay and Play 10.00 am – 11.00 am	Stay and Play 10.00 am – 11.00 am	Stay and Play 10.00 am – 11.00 am
Activity Organic Garden Tour 11.00 am – 12.00 noon	Activity Pirate Ship Making 11.00 am – 12.00 noon	Activity Coconut Painting 11.00 am – 12.00 noon	Activity Finding Sea Creature 11.00 am – 12.00 noon	Activity Water Flow Expert 11.00 am – 12.00 noon	Activity Talking Fox 11.00 am – 12.00 noon	Activity Guess What 11.00 am – 12.00 noon
Lunch Break ft. Henna Tattoo 12.00 noon – 2.00 pm	Lunch Break ft. Storytelling 12.00 noon – 2.00 pm	Lunch Break ft. Memory Game 12.00 noon – 2.00 pm	Lunch Break ft. Just Dance 12.00 noon – 2.00 pm	Lunch Break ft. Movie Time 12.00 noon – 2.00 pm	Lunch Break ft. Mario Kart 12.00 noon – 2.00 pm	Lunch Break ft. Uno Challenge 12.00 noon – 2.00 pm
Activity Shell Painting 2.00 pm – 2.30 pm	Activity Pirate Flag Making 2.00 pm – 2.30 pm	Activity Coconut Opening 2.00 pm – 2.30 pm	Activity Squeeze Dance 2.00 pm – 2.30 pm	Activity Create Your Own Snake 2.00 pm – 2.30 pm	Activity Language Exchange 2.00 pm – 2.30 pm	Activity Fun Yoga 2.00 pm – 2.30 pm
Kihavah Master Chef Donut Decoration** 2.30 pm – 3.30 pm	Activity Skeleton Hunting 2.30 pm – 3.30 pm	Kihavah Master Chef Cup Cake Decoration** 2.30 pm – 3.30 pm	Activity Wet Wet 2.30 pm – 3.00 pm	Kihavah Master Chef Pizza Making** 2.30 pm – 3.30 pm	Activity Secret Pass 2.30 pm – 3.30 pm	Activity Magic Science 2.30 pm – 3.30 pm
Activity Paper Plate Fan Making 4.00 pm – 4.30 pm	Activity Pirate Eye Patch 4.00 pm – 4.30 pm	Activity Dolphin Cruise USD 30+** 4.00 pm – 5.00 pm	Activity Kids Tennis Clinic** 3.00 pm – 3.45 pm	Activity Scavenger Hunt 4.00 pm – 5.00 pm	Activity Freeze Ball 4.00 pm – 4.30 pm	Activity Local Island Preparation 4.00 pm – 4.30 pm
Activity Tree Planting 4.30 pm – 5.30 pm	Activity Pirate Cruise USD 30+** 4.30 pm – 5.30 pm	Activity Beach Walk 5.00 pm – 6.00 pm	Activity Marine Talk 5.00 pm – 6.00 pm	Activity Nature Drawing 5.00 pm – 6.00 pm	Activity Pool Fun 4.30 pm – 5.30 pm	Activity Local Island Visit USD 30+** 4.30 pm – 5.30 pm

**PARENTS NOTICE BOARD:** Prices are subject to 10% service charge and 12% government taxes. | Kids' Club is a drop off service for ages 4-12 yrs. | All activities are subject to change due to weather or operational reasons | Kids' Club is open from 10.00 am – 6.00 pm daily. | Please note some of these activities are water-based. Children will be asked to use a life vest regardless of ability. | Check the reverse side for special experiences going on throughout the week. Any activity with a USD symbol is a charged activity. Book via Kids Club with a 24 hours notice required. | Activity: Henna tattoo please note permission must be given on the registration form otherwise the kids club team will not allow the child to participate in this activity. | Any activities with a \*\* symbol is a bookable activity. 24 hrs. notice is required. | All prices are subject to 10% service charge and applicable government taxes.



- 1 Plates Restaurant
- 2 Manzaru Restaurant and Swimming Pool
- 3 Organic Garden
- 4 Gift Shop
- 5 SEA.FIRE.SPICE.SKY.
- 6 Anantara Spa
- 7 Thiththi Boli Kids' Club
- 8 Recreation Centre
- 9 Elements Dive and Watersports Centre
- 10 Tennis Court
- 11 Cinema Under the Stars
- 12 Nala Orchid Garden
- 13 Pirate Cruise
- 14 House Reef